

Murray State University
Student Life Alcohol and Other Drug Policy
Annual Notification to Students

Federal Drug Free Schools and Communities Amendment Act

As a requirement of the Federal Drug Free Schools and Communities Amendment Act of 1989, Murray State University is responsible for compiling and ensuring the distribution and receipt of the University's policies, sanctions, and resources regarding alcohol and other drug (AOD) use to all students on a yearly basis.

Legal Sanctions - Alcohol and Other Drugs

Murray State University encourages responsible practices and behaviors in accordance with the laws of the Commonwealth of Kentucky, the city of Murray and the Murray State University Student Life Policies, Rules and Procedures. The legal drinking age in Kentucky is twenty-one (21) years old. Individuals are personally responsible for knowing the laws applying to alcohol and substance abuse in the Commonwealth of Kentucky. In particular, individuals should be aware of the legal consequences for violation of the legal age, use of false identification, driving under the influence and the use, sale or distribution of illicit drugs. Violation(s) of Murray State University policies, rules and procedures or federal, state and local laws may result in potential disciplinary action from both Murray State University and the legal system.

Health Risks of Commonly Abused Substances

Definitions

Drug is defined as a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body. This includes but is not limited to, heroin, cocaine, crack, synthetic drugs, tobacco, hallucinogens, amphetamines, marijuana, alcohol, inhalants, and prescription drugs.

Drug abuse is defined as the habitual taking of addictive or illegal drugs.

Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use despite harmful consequences. It is considered a brain disease because drugs change the brain—they change its structure and how it works. These brain changes can be long-lasting, and can lead to the harmful behaviors seen in people who abuse drugs.

See webpage for additional information:

<http://murraystate.edu/headermenu/administration/StudentAffairs/alcoholdruginfo.aspx>

Health Impact

The scope and impact of health risks from alcohol and drug abuse are both alarming and well-documented, ranging from mood-altering to life-threatening. Consumption and use of drugs may alter behavior, distort perception, impair thinking, hinder judgment, and lead to physical or psychological dependence. Alcohol and/or drugs and/or drug abuse may lead to health conditions including but not limited to fatigue, nausea, personal injury, organ damage, heart attack, respiratory depression, convulsions, coma, and even death. Alcohol and drug use/abuse can also result in the deterioration of mental health by causing or contributing to various conditions such as increased aggression, hallucinations, depression, disorientation, and psychosis. In addition, there may be both short-term and long-term effects on cognition, memory, retention, information processing, coordination, athletic performance, academic performance, and the exercise of judgment. All drugs, whether legal, illegal, or prescribed, alter the chemical balance of the body. The use/abuse of drugs may lead to addiction and even death.

See webpage for additional information:

<http://murraystate.edu/headermenu/administration/StudentAffairs/alcoholdruginfo.aspx>

Alcohol

Inappropriate use and abuse of alcohol is often associated with lower academic performance and failures, sexually transmitted diseases and unplanned pregnancies, vandalism, aggressive behaviors including sexual assault and rape, injuries, death, and prosecution for crimes related to the consumption of alcohol. Even low doses significantly impair the judgment and coordination required to safely operate a motor vehicle, increasing the likelihood that a driver will be involved in an accident.

All states in the United States have adopted 0.08% (80 mg/dL) as the legal limit for operating a motor vehicle for drivers aged 21 years or older. However, drivers younger than 21 are not allowed to operate a motor vehicle with any level of alcohol in their system. Note: Legal limits do not define a level below which it is safe to operate a vehicle or engage in some other activity. Impairment due to alcohol use begins to occur at levels well below the legal limit.

A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of pure alcohol is found in: 12-ounces of beer (5% alcohol content), 8-ounces of malt liquor (7% alcohol content), 5-ounces of wine (12% alcohol content), and 1.5-ounces or a “shot” of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more. This pattern of drinking usually corresponds to 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2 hours.

The Dietary Guidelines also recommend that if alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. However, the Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason. By following the Dietary Guidelines, you can reduce the risk of harm to yourself or others.

Low to moderate amounts of alcohol may also increase the incidence of a variety of aggressive acts, including domestic violence and child abuse.

Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information.

Very high doses can cause respiratory depression and death. If combined with other depressants of the central nervous system, such as Valium or Xanax, much lower doses of alcohol will produce the effects just described.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life-threatening.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol spectrum disorder (FASD). These infants can have irreversible physical and mental abnormalities.

Counseling, Treatment, and Prevention Resources

Counseling and Treatment

While specialized substance abuse counseling is not available on campus, there are treatment options in the local and regional community. These off-campus treatment options are listed below along with their contact information.

Prevention and Education

A number of offices have combined to make available prevention and education materials for alcohol and other drug use to Murray State students. In addition to the annual distribution of our policies regarding alcohol and other drugs, all new students under the age of 25 are required to complete an online alcohol education program during their first semester at Murray State. This mandatory training helps students evaluate their own attitudes and behaviors concerning alcohol use and puts students in a better position to make informed choices regarding alcohol use.

The Office of Student Affairs oversees the student discipline and sanctions process for when these policies are violated by a student. The university Housing Office oversees student discipline in the case that these policies are violated within the residential halls.

Murray Main Campus: On-Campus Resources/Information

Murray State University Public Safety	Phone: 270-809-2222 Website: www.murraystate.edu/publicsafety **Contact in case of emergency
Murray State University Public & Community Health Program (Peer Education)	Phone: 270-809-3839 Website: http://www.murraystate.edu/pch **Contact to schedule an alcohol education program
University Counseling Services	Phone: 270-809-6851 Location: C104 Applied Science Bldg. **Contact for mental health referral
University Health Services	Phone: 270-809-3809 Location: Wells Hall North **Contact for medical referral
E-Checkup To Go (Alcohol)	Website: http://interwork.sdsu.edu/echeckup/usa/alc/coll/murraystate **Online education program accessible to all Murray State students
E-Checkup To Go (Marijuana)	Website: http://interwork.sdsu.edu/echeckup/usa/mj/coll/murraystate **Online education program accessible to all Murray State students

Murray Main Campus: Off-Campus Resources/Information

Four Rivers Behavioral Health	Phone: 270-753-6622 Address: 1051 N 16 th St, #B, Murray, KY 42071 Website: www.4rbh.org
Recovery Works	Phone: 270-623-8500 Address: 4747 Old Dublin Rd Mayfield, KY 42066 Website: www.recoveryworksky.com
West Kentucky Drug and Alcohol Services, LLC	Phone: 270-247-4212 Address: 1325 US Hwy 45 North Suite C Mayfield, KY 42066
Alcoholics Anonymous	270-753-1881
Narcotics Anonymous	270-395-5745
Drug Information Services for Kentucky (DISK)	Phone: (Toll Free) 1-800-432-9337

Regional Campuses (Paducah, Hopkinsville, Fort Campbell, Madisonville, and Henderson): Off-Campus Resources/Information

See webpage for additional information:

<http://murraystate.edu/headermenu/administration/StudentAffairs/alcoholdruginfo.aspx>

Student Sanctions – Alcohol and Other Drug Violations

All sanctions are based on the severity of the situation and can vary situation to situation

Possible Sanctions for Possession and/or consumption:

First Offense: Echeckup or current program used by the University, create and implement an awareness program in the residence halls, 6 months' probation.

Second Offense: Echeckup or current program used by the University, create and implement an awareness program in the residence halls, community service, 12 months' probation, parental notification if student is under 21.

Third Offense: If there is a violation while on probation the following could happen – deferred suspension, community service, moved residence halls, and even possible suspension.

See also the Student Code of Conduct and the Housing Policies

Fine System for Alcohol Policy Violations

Category A:

- Possession and/or consumption of alcohol by a person under 21
- Intoxication of a person, regardless of legal drinking age
- Collections of containers that contain or previously contained alcohol
- Possession or use of alcohol-related paraphernalia
- Misrepresentation of age or possession of false documentation of age

Category B:

- Acute intoxication defined by medical assessment
- High-risk alcohol use (harm to self, other or property, intoxication requiring medical assessment and/or transportation to medical facility)
- Providing alcohol to a clearly intoxicated person

Category C:

- Hosting a gathering in the residence halls that involves alcohol (hosting is defined as having more persons than triple the room's occupancy present)
- Possession of a keg in a residence hall or university apartment

Category D:

- Providing or selling alcohol to a person under 21

Violation	1 st Offense	2 nd Offense	3 rd Offense	4 th Offense
Category A	\$50	\$100	\$150	\$200 & Suspension
Category B	\$100	\$150	\$200 & Suspension	
Category C	\$200	\$400	\$600 & Suspension	
Category D	\$500	\$750 & Suspension		

Tailgating – Alcohol Use

Please refer to the Murray State University Tailgating Procedure.